

August 2015

Guam Breastfeeding Month



worldbreastfeedingweek.org




loving support.
MAKES BREASTFEEDING WORK



Tips: How to make Breastfeeding Work

1. Plan ahead

- Know your work schedule.
- Before going back to work, establish a breastfeeding routine at home that will fit your work schedule.
- Breastfeed **before** going to work and as soon as you get home.

2. Get a breast pump

- Practice using a breast pump even before you need it.
- Pump at work. Do not miss or delay pumping at work.
- Learn how to safely store your pumped breast milk in a clean place.

3. Talk to your boss

- Approach your supervisor on your feeding routine before your maternity leave starts.
- Be informed of the Public Law 32-098, read "Nursing Mothers -Workplace Accommodations". Go to [http://glwebstorage.com/Public_Laws_32nd/Public%20Law%2032-098%20-%20Bill%20No.%20153-32%20\(COR\).pdf](http://glwebstorage.com/Public_Laws_32nd/Public%20Law%2032-098%20-%20Bill%20No.%20153-32%20(COR).pdf)

4. Get help

- Identify a family member or a friend who will support your breastfeeding choice.